

# DEMENTIA AND SLEEP

Deborah Bier, PhD



Deborah Bier, PhD has successfully trained thousands of family and professional caregivers in Dementia Care Best Practices. Her credentials are unique in that she experienced years of cognitive impairment herself following a brain injury in an auto accident. She has been a psychotherapist and home care agency director of care for over 25 years. Dr. Bier is

considered a gifted health educator, able to synthesize complex health topics into easy-to-understand language and down-to-earth actions. She holds a PhD in therapeutic counseling, a certificate in gerontology, and is a certified Dementia Care Partner.

March 20, 2019

10 AM–12 PM

Bell Memorial Union

Room 210

Chico, CA

**For more information  
or to register please  
call 530-898-5925**



**PASSAGES**  
Caregiver Resource Center

## CAREGIVER Support *and* Resources

**Chico**

**530.898.5925**

**Redding**

**530.221.1900**

### COUNTIES SERVED:

**Butte | Colusa | Glenn  
Lassen | Modoc | Plumas  
Shasta | Siskiyou  
Tehama | Trinity**

*Caregiving can be a challenging job.*

### YOU ARE A FAMILY CAREGIVER IF:

You are a Daughter, Son, Spouse, or  
other Relative who assists a loved one with  
any of the following —

Personal Care | Finances | Driving  
Shopping | Medications  
Meal Preparation

PASSAGES Caregiver Resource Center  
is dedicated to serving families and  
individuals who provide care for brain  
impaired adults and frail elderly.

PASSAGES Caregiver Resource Center  
can assist you with:

- Information
- Support Groups
- Family Consultations
- Education
- Workshops

**[www.PassagesCenter.org](http://www.PassagesCenter.org)**

Passages Caregiver Resource Center is funded by the California Department of Healthcare Services, the Area Agency on Aging (PSA2, PSA3), and the California Department of Aging.